

ABSTRACT OF THE DISCLOSURE

A portable shoulder rehabilitation/exerciser adjustable resistance apparatus is disclosed. This apparatus includes a pulley and a hook adapted for receiving the pulley and is formed for removeably securing to the top of a conventional door. The apparatus also includes a length of rope passing through the pulley; and, ball handles are attached at each respective end of the rope. The ball handles of the apparatus are sized to fit in the palm of the hand of an averaged sized user. This apparatus is especially useful in a therapeutic rehabilitation regimen including the steps of locating a pulley directly over the shoulder of a user patient in a seated position. Next, each of the ball handles are placed in each hand of the user patient, wherein downward pressure applied by the user with one hand of an uninjured shoulder to one end of the rope raises the arm of the injured shoulder in a flexion manner. The last step is repeated a prescribed number of times for exercising the injured shoulder. Other regimens may be performed as well for raising the arm of the injured shoulder in an adduction manner, still other regimens may be performed while the patient is in a standing position.